

► Become a Magnet for Love

In an interview with Arielle Ford, Evolution Revolution Radio unveils how to manifest love based on the author's new book, "The Soulmate Secret: Manifest the Love of Your Life with the Law of Attraction"



MANY PEOPLE LONG FOR THE PERFECT LOVE RELATIONSHIP, but can't seem to find the right one. Some have successfully applied the Law of Attraction in other areas of their life, but have seen only dismal results when it comes to the heart.

Well, help is on the way with Arielle Ford's new book, "The Soulmate Secret: Manifest the Love of Your Life with the Law of Attraction." In it, Ford reveals the tips, techniques and processes she used to manifest her soulmate, and explains how these same tools were used by her friends and family with great success as well. Through exercises, visualizations and success stories, this book will help to prepare the mind, heart, soul and even living space, for the arrival of love.

The excerpt below is taken from an interview with Ford about the book, conducted by Evolution Revolution Radio host Dulcinea. It provides a technique to open the heart to love; how to identify a soulmate when he or she arrives;

and tips to put into practice right now.

Dulcinea: You mention becoming the magnet to create [a soulmate] for yourself, and you mention a lot of techniques that really go into creating love and light within oneself to attract that love and light within another. You use these techniques throughout the book, through the rituals, exercises and even the Soulmate IQ Test. What for you triggered the idea that you had to become love to attract love, and how can others grab that message?

Arielle Ford: You know, I'm not sure where I first got the idea for that. It may have been something that I heard over and over again, which is that we're the ones we're waiting for, but I realized that I really wanted to open my heart as much as possible, and to give as much love to the people around me as I could, as a practice to having my soulmate be in my life. So I created this 'feelingization' for myself called 'Turning on the Heart Light,' where every afternoon I would sit down and meditate, and I would focus on the area



Dulcinea is the host of Evolution Revolution Radio, available as podcasts on iTunes.

around my heart and see it opening like a lotus blossom, and see light shining from it. I would try to consciously remember to silently beam love to the people who were around me to give more love to myself and to others. And what I noticed while I was consciously doing this, was I was a very popular girl! People are naturally drawn to you and you get very attractive when you're practicing beaming love to other people. They respond to it. There is a magnetism that occurs. The Institute of Heart Map has done research on this, and they have actually proven that when you are in what they call 'heart rate variability,' when you focus on the area around your heart, you send out this energy — I think it's something like 16 feet outside of your actual body that other people can feel this field of love. And you can look this up online at Heartmaps.com. They have research there. I could be in this state of 'I'm too old,' 'I'm too fat and nobody wants me,' and hope to manifest a soulmate that way, or I could do it from 'life's great,' 'I'm wonderful and I'm going to love everybody,' and see what works.

Dulcinea: Once someone has done the self footwork, how would they then begin to identify a soulmate as they enter their lives?

Arielle Ford: When you're with your soulmate, you know it. There is no question — is she or isn't she? Is he or isn't he? Once you've gotten very clear about the kind of person you want to spend your life with, then it's very simple to ask, 'do they have the qualities I've asked for that I need? How do I feel when I'm with them? Can I completely, utterly be myself with them? Do they love me unconditionally? Do I love them unconditionally? When I look into their eyes, do I have the feeling or the sensation of being at home?' My husband takes it down to very guy kind of equations. He says, 'in regular math one plus one equals two, but when you're with the person, one plus one equals 10

because every part of your life gets so much better.'

Dulcinea: What are three things that some of our listeners can do in the coming week to begin putting into practice some of these principles we have been discussing?

I would first look and see who I need to forgive, besides myself. If you need to forgive somebody else, then you need to forgive yourself as well. Write a letter to your person — you do not have to mail it. But just write a letter to them and explain whatever the situation was for you, and tell them you forgive them. Even if you don't 100 percent mean it, fake it until you make it. Just pretend that you mean it. Then write another letter from them to you. Imagine what it was like for them being with you. That will give you a whole new perspective on it.

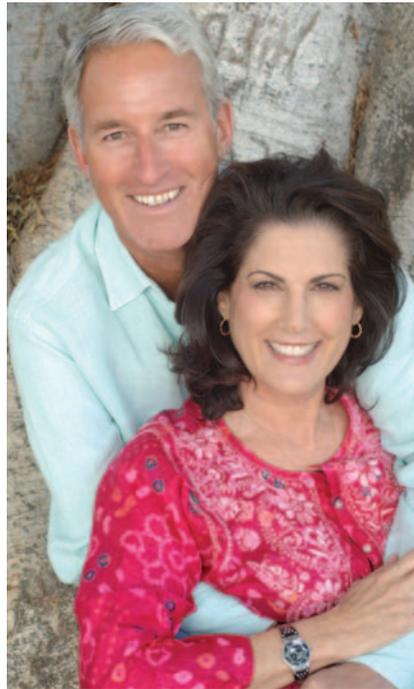
The next step would be really start writing a list [of qualities] you want this person to have and what you want your life with them to have.

And start looking for who and how you can give more love in your life right now. How can you be more loving to yourself, and who around you can you give more love to? If you just start right there, I think you will see some movement in the right direction.

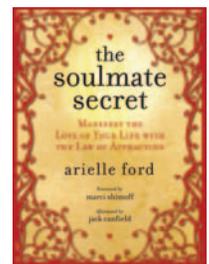
EDITORS' NOTE

Evolution Revolution Radio is focused on offering its listeners intuitive and balanced information that fosters transformation both personally and globally, ultimately raising the consciousness on planet Earth, according to its host, Dulcinea, a metaphysician, clairvoyant, clairaudient intuitive and spiritual teacher.

Her weekly interviews can be downloaded as podcasts for free on iTunes by searching for "Evolution Revolution Podcasts." For more information, or to listen to the full version of the interview with Arielle Ford, visit www.evolutionrevolutionradio.com. EE



Arielle Ford with her husband, and soulmate, Brian.



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